

# Finding a Therapist with Medicaid Insurance



WE ARE IN THIS TOGETHER

**Medicaid covers mental health services such as therapy!** One of the most convenient way to find a therapist is through searching **which therapists are accepting Medicaid** (or any other insurances) **online!**

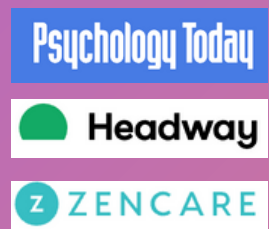
## 01/ Using online therapist databases to help find an in-network therapist



Note: If you are viewing this on your device, click the underlined text and it will take you to the website!

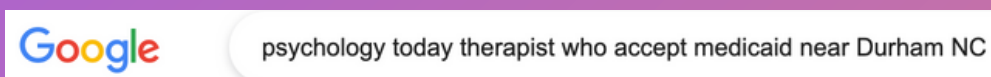
The following websites (out of so many other websites) have built-in **filters** for you to choose which insurance you have, then it will generate **in-network therapists** who **accept Medicaid**, which means they are mental health professional who can offer you therapy at a low-cost (your copay can range from \$0-\$75)!!

- [Psychology Today](#)
- [Headway](#)
- [Zen Care](#)



## /02 A simple 3-step guide on how to find a local therapist on Psychology Today

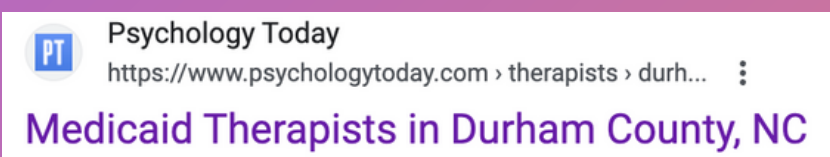
### Step 1: Search the following keywords on Google



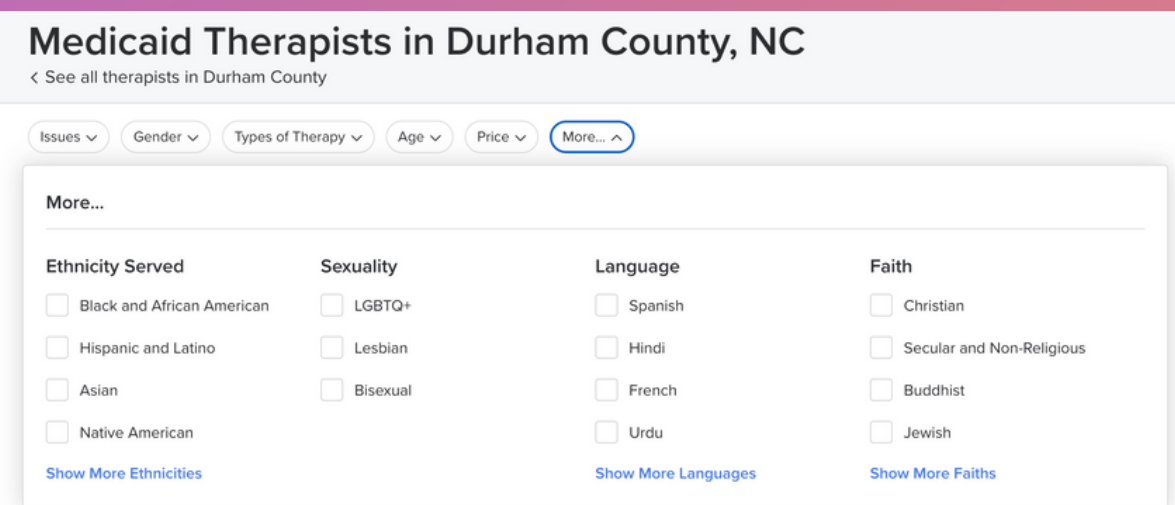
**Note:** Including your location to search for therapist allows for in-person and virtual therapy options. If virtual therapy is what you would like at the moment, feel free to leave out your location and search “NC”, or “North Carolina”. Doing this, Google will show you more therapists from farther away but still takes Medicaid North Carolina.



### Step 2: Locate this destination on Psychology Today



### Step 3: Customize your therapy experience using these following filters and select your therapist!



- **Note:** Here is another [article](#) from NPR on [how to find a therapist](#) 😊

Reminder: Click the underlined text to get to the website!

## /03 There are so many types of therapy out there, how do I choose the one for me?

We know starting your therapy journey could be a tad overwhelming at first... given there are so much information on the types of therapy. No worries! Here is a list of resources for you to learn all about your needs and therapy types:

- [Understanding psychotherapy and how it works](#)
- [Types of Therapy](#)
- [Types of Therapy: Choosing the Right One for You](#)
- [How Do I Find a Good Therapist?](#)
- [The 13 Best Online Therapy Services That Are Tried, Tested, and Expert-Approved](#)

